ABSTRACT OF THE DISCLOSURE

The present invention is a container lid assembly that includes an integral vacuum pump so as to create at least a partial vacuum within the container. There are several features of the present invention that can be used in synergy, but are of value when implemented separately. These features include a pump configuration that activates the reciprocating linear motion of the piston by the rotational movement of a pump actuating element; a contents-dispensing mechanism for removing contents from the container while maintaining the at least a partial vacuum within the container; a selectively activated lid-removal mechanism (child proof mechanism); a vacuum indicator; and a filter configured to filter the gases entering the pump from the interior of the container.